

Cetaphil Lice Treatment Instructions



Supplies Needed:

- Large bath towel for draping on your child's shoulders
- Cetaphil Gentle Skin Cleanser (8 oz for short hair, 12 oz for shoulder length or longer hair)
- New 8 oz clear applicator bottle (such as a condiment dispenser or hair dye bottle)
- Metal Lice Comb
- Comb
- Hair Dryer

Step 1. Cover your child's shoulders with a big dry bath towel to catch the lotion which will drip from the scalp.

Step 2. Pour 8 oz of Cetaphil into the applicator bottle.

Step 3. Begin with dry hair. Start at the left of the scalp. Make sure the nozzle is always touching the skin. Apply the lotion zigzag back and forth from front to back and then back to front. Apply to the entire scalp as you move forward until you reach the front of the scalp. Use 1/4 of the bottle.

Step 4. Now start at the back of the scalp. Again make sure the nozzle is always touching the skin. Change the direction of your zigzagging application now to "criss cross" the first pattern. Move zigzag front to back then back to front as you move from the right side to the left side of the scalp. Use again 1/4 of a bottle always touching the scalp with the bottle nozzle.

Step 5. Use your fingers to thoroughly massage the lotion throughout the scalp and hair.

Step 6. Redo steps 1, 2, and 3. Use up another 1/2 bottle of lotion. You now have used a whole bottle of the lotion.

Step 7. If your child has hair longer than shoulder length apply another 1/2 bottle of lotion to that large amount of hair from roots to tips and massage in thoroughly with your fingers.

Step 8. Wait 2 minutes for lotion to act.

Step 9. Comb out the lotion. You should seek to comb out as much excess Cetaphil lotion as possible. You are done when you can't get out any more lotion. The more you get out, the quicker will be the blow drying step which comes next. You may choose to first use a "detangler comb" if the hair is long or thick. Otherwise you can just start with the plain comb.

Step 10. Use a lice comb to carefully go through the entire scalp and remove any visible nits.

Step 11. Blow dry the hair thoroughly, so that the scalp skin, hair roots, and full length of the hair are totally dry. Anticipate that this will take 3 times longer than drying hair that is just wet with water. Do not apply any styling gel, mousse, hair spray, or other cosmetic products to the hair while the dried Cetaphil lotion is on the hair.

Step 12. Leave the dried lotion on the child's head for at least 8 hours, preferably overnight.

Step 13. To remove the lotion at the end of the treatment phase, shampoo with your usual shampoo. To aid in nit removal you may rinse hair with a 50/50 mixture of vinegar and warm water and then comb through again with the lice comb before shampooing.

Step 14. Check Daily for live lice and nits. Remove nits immediately. Retreat with Cetaphil if you see live lice or contact your physician for advice.

Step 15. Repeat this entire treatment after 7 days and again 7 days after that to kill any newly hatched lice before they can lay eggs. This is a crucial step to break the lice life cycle.

Tips:

- Sterilize combs in rubbing alcohol for 10 minutes after use
- Wash towels used in hot water and place in the dryer on high heat for at least 10 minutes to kill any lice on the towels
- Don't skimp on the amount of Cetaphil used. The head should be saturated and cleanser should be dripping off the hair.
- It is very important that the application tip is touching the scalp at all times and the Cetaphil is applied in a criss-cross pattern to achieve uniform coverage. Don't dump the Cetaphil on the hair and just try to massage it in.

